

Your ThriveOn Incentive Overview

2022 Wellness Program



Wellness *your* Way



Wellness *your* Way

Discover your wellness potential by making your health a priority this year. Wellness Your Way allows you to choose how you participate in wellness activities and which incentive(s) you earn. You can choose to earn one incentive, a few of them or all of them. This also allows you to engage in healthy habits year-round!



Who is eligible?

Benefits-eligible employees and benefits-enrolled spouses/domestic partners can earn incentives by completing the activities outlined on the next page.

Getting Started

All programs and incentives are tracked online. Therefore, to earn any incentives, you must be registered at fccThriveOn.com. Get started today by signing in or creating an account.

Note: Spouses/domestic partners must have their own account to earn incentives.

- + **Returning users:** Sign in with your username and password.
- + **New users:** Click “Create Account”.
 - Enter your last name (up to 7 letters) followed by your birthday (in MMDDYYYY format). *Example:* If your last name is Anderson and your date of birth is May 21, 1980, you would enter Anderso05211980.
- + Download the Wellness at Your Side mobile app or use your computer to complete your wellness activities and track your progress.



Download the **Wellness at Your Side** mobile app from App Store or Google Play. Connection code: **ohwellness**

DON'T DELAY – START TODAY!

Plan ahead so you have enough time to complete the incentives by the deadlines. Log onto the web portal at fccThriveOn.com today – you can schedule a biometric screening or download biometric forms to take with you to your doctor's appointment, participate in well-being activities, track your incentives and more!

Tip: Receive credit for multiple incentives by scheduling your annual physical exam and biometric screening with your primary care provider in one visit.

You must be registered and track all activities at fccThriveOn.com to earn any of the incentives!

Wellness *your* Way

COMPLETE ONE INCENTIVE OR ALL INCENTIVES – YOU CHOOSE WHAT YOU EARN!

You must be registered and track all activities at fccThriveOn.com to earn incentives.

COMPLETE AN ONLINE HEALTH ASSESSMENT AND ANNUAL PHYSICAL EXAM

Earn: Deductible Reduction in 2023 | Deadline: August 31, 2022

1. Complete your Online Health Assessment.

- + Visit fccThriveOn.com.
 - **Returning users:** Sign in with your username and password.
 - **New users:** Click “Create Account” and follow the prompts.
- + Once logged in, click “Health Assessment” to begin.

AND

2. Complete an annual physical exam with your primary care provider.

- + Exams from September 1, 2021 through August 31, 2022 are accepted.
- + No forms needed to earn credit for your annual physical exam.

EMPLOYEE AND ENROLLED SPOUSE/DOMESTIC PARTNER MUST COMPLETE BOTH ACTIVITIES TO EARN THE DEDUCTIBLE REDUCTION.

EARN YOUR \$200 BIOMETRIC SCREENING INCENTIVE AT THE SAME TIME! Download the biometric screening form from fccThriveOn.com and take it with you to your annual physical. Follow the instructions to submit the form to earn the Biometric Screening incentive at the same time as your Annual Physical.

COMPLETE A BIOMETRIC SCREENING

Earn: \$200 | Deadline: December 31, 2022

You have three options to complete your biometric screening:

- + **AT WORK:** Biometric Screenings are offered at various work locations. Visit fccThriveOn.com to see availability and to schedule an appointment.
- + **AT YOUR PHYSICIAN'S OFFICE:** Download the Biometric Screening form from fccThriveOn.com, take it with you to your appointment and submit the completed form by the deadline.
- + **AT A WORKHEALTH LOCATION:** Download the Biometric Screening form from fccThriveOn.com and schedule an appointment at any OhioHealth WorkHealth location. Visit OhioHealth.com/WorkHealth to find a location near you.

COMPLETE UP TO 4 WELL-BEING ACTIVITIES

Earn: Up to \$200 (\$50 per activity) | Deadline: December 31, 2022

Learn more about each activity at fccThriveOn.com.

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| + Meet 3/5 healthy biometric targets. | + Complete a healthy lifestyle program (virtual).* |
| + Complete a wellness workshop (virtual).* | + Participate in 24 virtual fitness classes per quarter (virtual).* |
| + Get a mammogram, pap smear and/or colonoscopy. | + Complete a quarterly challenge (virtual).* |
| + Complete 2 financial wellness courses (virtual). | + Complete 2 calls with your UHC Health Engagement Nurse.* |
| + Complete 2 health coaching sessions (virtual).* | + Complete a Daily Habits program (virtual).* |
| + Complete 2 culinary coaching sessions (telephonic).* | + Get a flu vaccine, COVID-19 vaccine, and/or COVID-19 booster. |
| + Complete a meQ skill bundle and reassessment (virtual).* | + Participate in the Franklin County 5k. |

*Complete these activities up to two times each for a total of \$100.

EARN GYM MEMBERSHIP REIMBURSEMENT

Earn: Up to \$75 per quarter (\$25 per month) | Deadline: Varies by quarter

Visit a gym or utilize your at-home/virtual membership on at least 8 different days each month and receive up to \$25/month toward the cost of your membership. Documentation of attendance and payment required. One reimbursement per household (except households with two employees). Visit gymreimbursement.franklincountyohio.gov to learn more.



ThriveOn

Your Health and Wellness Program



Log on today! fccThriveOn.com



Questions? Call **1 (888) 255-0162**
TOLL FREE



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Store or Google Play.
Connection code:
ohwellness